

Final Details – Tentsmuir Middle – Saturday 13th April 2019

Due to a large number of entrants and limited parking please share cars where possible.

Directions/Parking/assembly/registration/download/first aid and toilets in Forestry and Land Scotland car park - KY16 ODR -
https://forestryandland.gov.scot/visit/tentsmuir?fb_comment_id=225648787624307_703809173141597

There is a £2 charge payable in a machine before you enter, please have change.

Starts/Finish - Adjacent to car park.

Starts - 12:00 – 14:00 . Punching start. Open start times except for elite who will have start times allocated. See website.

Courses close - 15:00.

Course details

Course	Length	Controls	Course	Length	Controls
White	1.8km	8	Green	4.0km	14
Yellow	2.5km	8	Blue	4.6km	17
Orange	2.7km	11	Brown	5.3km	21
Light green	3.4km	11			

Green, Blue and Brown have a double sided map.

We anticipate winning times being slightly shorter than normal, 25-30minutes. Partly to save your legs for the sprint race only a few hours later and to make the best use of the area.

Uncrossable stream - Competitors on the longer courses (Light Green, Green, Blue and Brown) may encounter a large ditch/stream. This is deep and unsafe to cross. It is clearly overprinted on maps using the Out Of Bounds (purple hatching) symbol, but it will not be taped in the terrain. Please do not attempt to cross it - any runners seen doing so will be disqualified.

Map – waterproof 1:10,000, updated by Jon Musgrave Spring 2019.

Terrain – fast, intricate sand dune forest. Thanks to Kingdom of Fife Orienteers for allowing us to use their area.

Clothing - Full body cover required, remember to check for ticks. If found remove using tick tweezers.

Entry on the day - Seniors £12, Juniors/Students £7 subject to map availability.

Non-BOF/SOA members - £2 supplement.

Beginners - Kingdom of Fife Orienteers plan to provide welcome and coaching. Just ask!

Timing - SportIDENT (touch-free enabled)

Planner – Kris Jones (Masterplan Adventure/FVO) and Peter Hodkinson (Masterplan Adventure/NOC)

Organiser – Chris Smithard (Masterplan Adventure/FVO) – 07985358274

This weekend of events is being put on by members and friends of SEDS, ScotJOS and Masterplan Adventure, and proceeds will go towards Junior and Elite activities for Scottish teams and athletes.